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Bubble, bubble toil and trouble

Local's new app, Lucy's Quest, is downright bewitching

PAGE 3

As American as borscht

There's a new spy in town in The Americans. Use Metro's AR to see photos from the current season.

PAGE 12

metro AR

NEWS WORTH SHARING.

YOUTH IN ACTION

Members of the Talbot Street Church Youth Group form a human pyramid in Victoria Park in the midst of a city-wide photo scavenger hunt. SCOTT TAYLOR/METRO

London homicide-free so far

Crime prevention. The city has yet to see a murder this year

SCOTT TAYLOR
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For the first time in eight years, London could see the calendar turn to the month of May before a single homicide has been committed in the city.

London police Const. Ken Steeves said it's impossible to pinpoint a reason for the safe start to 2014.

"It's a very difficult question to answer because it's hard to measure something that's been prevented," he said. "It can be attributed to so many different things. The guns and drugs section, as well as the street gang unit, the crime prevention unit, the domestic violence unit and community partners — and community members as a whole — they all play a role in crime prevention."

Assaults and sexual assaults are also down significantly in the first quarter of the year when compared to the same time period in 2013.

Steeves also suggested people may be taking steps to separate themselves from situations that could spiral out of control.

Steeves commended the city's medical-care experts, from paramedics to emergency-room surgeons, for taking care of patients when situations do end up getting out of hand.

Nationally, the 543 homicides in 2012 were the lowest in nearly 50 years.

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South London

Two youth charged in St. Thomas vehicle break-ins

Two young people face charges after St. Thomas police responded to a call regarding youths entering vehicles on the south side of the city April 26.

Once they arrived on the scene, police located and arrested two people.

A knapsack filled with various pieces of property was recovered at the time of arrest. Officers determined that a number of vehicles had been broken into.

The pair were taken to the station and released with a promise to appear at a later court date. Police are still looking for a third suspect.

METRO

Penn Kemp

Poet to talk about latest work, discuss collaboration

Penn Kemp, London poet, author, playwright and more, is to speak about her work at an event next week.

On Friday, May 9, she will discuss the process of creating her new book The Circle, at 7 p.m. at the Westland Gallery, 156 Wortley Rd.

A key theme of Kemp's talk will be collaboration, and she'll discuss the creation of plays, sound operas and more.

MIKE DONACHIE/METRO

Try it for a spell: Lucy, the star of Lucy's Quest, tests your visual memory. CONTRIBUTED

Bewitching app is London-spawned

Lucy's Quest. Local software developer shifts focus to game

MIKE DONACHIE
mike.donachie@metronews.ca

Everybody knows that Londoners create cool things, and here's yet another example.

Lucy's Quest is the latest creation by Bartlomiej Mika (just call him Bart), a freelance software developer who's lived in London for 20 years.

Until now, he's been specializing in real-estate apps and, while that's good business, it's not nearly as cool as a witch girl who tests your visual memory.

"The whole point of this game is to test your memory," said Mika, 28.

Also available

Mika has also just re-written — for release as a free download — his arcade-style, shoot 'em up app The Orbital Hive.

"When the map loads up, you get to see where everything is, and you can find stars to get extra points. But when you start moving, you have to use your memory to navigate to get those points and stars."

The competitive element comes from a worldwide leaderboard where players' scores are aggregated. There are trophies to collect, too.

Lucy's Quest, which includes music by Mika's friend and business partner David Stubbs and is rated 12-plus, is the second game created by Mika through his company Eurasiasoft.

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Local Olympian offers history you can wear

Sochi jackets. Skier Dave Duncan aims to raise thousands of dollars for veterans' charity Wounded Warriors

MIKE DONACHIE
mike.donachie@metronews.ca

There were tales of his start on skis at Boler Mountain as Olympian Dave Duncan launched a special fundraiser in London Friday.

With help from MP Irene Mathyssen, the sportsman, who competes in ski cross, grabbed some attention as he announced he's selling some Team Canada jackets to help veterans.

The hope is that the items will raise thousands of dollars for the charity Wounded Warriors, which helps former service personnel who suffer from post-traumatic stress disorder.

"This is a great cause," said Duncan, who said he started thinking how he could help veterans as he prepared for the Sochi Olympics.

Duncan's a hero to heroes, said Caspar Koevoets, president of the Victory Branch of the Royal Canadian Legion. Their building on Oakland Avenue was the venue for the launch of the online auction.

Clothes off his back

On offer are Dave Duncan's jackets from the Sochi opening ceremony and from the Olympic village.

- For full details of how to bid, visit dave-duncan.ca or woundedwarriors.ca.

Hometown hero

"I'm very proud to be from London and even more proud to say I started at Boler Mountain."
Olympian Dave Duncan

"You're fighting for our country a different way than our soldiers do," Koevoets told Duncan, adding a quip: "When you go downhill, nobody's shooting at you."

Duncan's first downhill experience was in London, he said. He was three years old, it was at Boler Mountain and it was a "sunny Sunday afternoon."

"I'm very proud to be from London and even more proud to say I started at Boler Mountain," Duncan said.

The Olympian's charity fundraising is "incredibly generous," Mathyssen said, and she also praised the dedication of Canada's veterans.

Follow Mike Donachie on Twitter @Mike_Donachie

The power of Mjölnir compels you ... to come out for Free Comic Book Day

Avengers Assemble! The Mighty Thor himself commands thee to prepare thyself for Free Comic Book Day, which is this Saturday. Actually, that's Christopher Runciman from Heroes Comics, in character and complete with a concrete replica of the Marvel hero's hammer. The day's events happen at Heroes, the Central Library, Neo Tokyo, Worlds Away, L.A. Mood and the Comic Book Collector. As well as lots of free comics, there will be a costume contest and a special competition for people who visit every venue. MIKE DONACHIE/METRO

There's no place like ... Byron people to celebrate the place they live

The people of Byron are being asked to join a celebration of their area and its natural beauty, culture and history.

The Byron Community Organization is planning the first Byron is Beautiful Festival, and it's hoped it will become an annual event.

The organization's chair, Becky Ellis, said the event will be at more than one site, including Jorgensen Park and the Byron Public Library.

"We're encouraging people to celebrate the neighbourhood that they live in and look at all the things that are on offer," she said. "We have a great library and a great park, but also there are great businesses in the area."

It's due to be held on May 10 from 1 to 5 p.m. and full details are available at byronisbeautiful.blogspot.ca.

MIKE DONACHIE/METRO

May 1. Ontario VQA wines hitting farmers' markets

Homegrown Ontario wines will be showing up for sale at farmers' markets as of May 1.

It's a two-year pilot program the province hopes will lead to a jump in demand for the VQA wines.

The wines are crafted entirely from Ontario-grown grapes and must adhere to local winemaking standards.

The province says VQA wine sales hit $268 million last year, up $100 million from 2008.

It adds that there are approximately 200 farmers' markets and 140 VQA wineries in Ontario.

Premier Kathleen Wynne announced the program last December, the week after British Columbia announced a similar move.

THE CANADIAN PRESS

Time to tee up volunteers for big-purse LPGA event

Give 'er. This year's high-profile London championship giving big-time to athletes, city and charity alike

DAVE LANGFORD
dave.langford@metronews.ca

There are some gaudy numbers being thrown around for the initial Canadian Pacific Women's Open Golf Championship coming to the London Hunt and Country Club in August.

Let's review them quickly:

1. The $2.25-million US purse is the third largest on the LPGA Tour this year.

2. Golf Canada has estimated the economic spinoff for the event in London to be about $8 million. Dates for the event are Aug. 18 to 24.

3. Last year at Royal Mayfair in Edmonton, 96 of the top 100 players in the world participated. Little change is expected this time around.

4. In the past 10 years, this event (under the previous sponsor CN) raised about $35 million for local charities.

But there is one number that needs some attention, according to local co-chair Marcia Roberts.

"Our only slow spot right now is volunteers," Roberts said in an interview with Metro. "When we had the event in 2006, we had all 1,300 volunteers signed up by the end of March, early April. We are now sitting at 700, so we are about half way there."

Quoted

"London has got three things: It has a strong golfer base, it's a strong fan (base) and great volunteer base."

Canadian Pacific Women's Open co-chair Marcia Roberts

Like many other sporting challenges in London this year, the weather has come into play, combined with the later-than-normal November announcement about the tournament coming to London.

"A lot of snowbirds had gone, pro shops were closed, people had just shifted gears," Roberts said. "And unfortunately for us at the Hunt Club, we have not shifted back into golf mode yet because the course isn't open."

The beautiful Robert Trent Jones-designed golf course has, like many courses in Canada, suffered some winter damage and it is now not expected to open until late May.

Once it and other courses open, and people are generally back into the golfing frame of mind, the volunteer numbers are expected to fill up.

Roberts is confident of that.

"London has got three things: It has a strong golfer base, it's a strong fan (base),and great volunteer base," she said.

For those wishing to volunteer, go to cpwomensopen.ca and hit the volunteer button.

Two-time defending champion Lydia Ko of New Zealand is expected to return to the London Hunt and Country Club in August for the Canadian Pacific Women's Open Golf Championship. THE CANADIAN PRESS

Charity choice remains up in the air

Canadian Pacific Women's Open co-chair Marcia Roberts said one major tournament announcement remains to be made and it should be just a couple of weeks away.

"The one component of the tournament that has not been announced is the charity component," Roberts said.

In 2006, Children's Hospital in London was the recipient of monies raised. CN continued to donate proceeds to children's hospitals up to and including last year, with a tournament in Edmonton.

At this point, CP and its public-relations arm are working out a sponsorship theme for its local charitable plans for this year and subsequent years.

Quoted

"With (CP) being in their first year as sponsor, and they've been fantastic, I think they want to differentiate themselves a bit from CN and while they are very big on children, they don't want to carry on with the same old, same old."

Canadian Pacific Women's Open co-chair Marcia Roberts

"With them being in their first year as sponsor, and they've been fantastic, I think they want to differentiate themselves a bit from CN and while they are very big on children, they don't want to carry on with the same old, same old."

DAVE LANGFORD/METRO

On the web

For more local news go to metronews.ca

Smash it, snip it and cover it up for charity

Rock, paper, scissors. Local group puts out the call for Londoners to put in their hands to help get sports equipment to kids who need it

MIKE DONACHIE
mike.donachie@metronews.ca

Sports fan? Then get ready for a new event that anyone can win — if they're quick with their hands and maybe a bit lucky.

Londoners are invited to sign up for the city's Rock, Paper, Scissors tournament, being run by a new group called RPS Charity of London.

Yes, it really is the old schoolyard favourite, and it's open to all. It's all in aid of a local charity, Cleats for Kids, which helps kids in need to get involved in sport by giving them gently used sports equipment, or sometimes paying for sports camps.

"It's something that you can have a lot of fun with and also take really, really seriously," said organizer Kevin Turcot. "Everybody thinks they're good at it."

Turcot is planning a single-elimination tournament, where people of all ages can face off against one another other. They'll play the best of three, and there's a structure like a tennis match — with games, sets and matches.

There are already more than 40 people signed up, but the remaining slots are filling fast. The event also needs volunteer referees to keep everyone in line.

But here's the best part: Helping a good cause. It costs $20 to register, but there's a $5 discount for anyone donating a pair of sports cleats.

Because of how fast kids grow, Turcot says, there are unused pairs of cleats in good condition in closets all over the city, just waiting to be thrown away. But why put them in the garbage when they can go to a child who needs them?

No jewelry, no dynamite

- The referees will be keeping it fair, enforcing rules including a ban on any jewelry on the hands.
- It's also a strictly non-contact sport: Rock beats scissors, but it doesn't "smash" them. Likewise, no cutting paper with scissors or wrapping stone with paper.
- There's also a ban on those rare added elements that some people use, like "dynamite," which beats everything.
- The event is at Joe Kool's on Richmond Row at 3 p.m. on Saturday.
- To register, visit cleatsforkidslondon.com, email rpscharity@gmail.com, contact @rpscharity on Twitter or call 519-281-0409.

Let's have a clean fight, boys. Kevin Turcot, of the RPS Charity of London, will be among the referees at the rock, paper, scissors contest. MIKE DONACHIE/METRO

YOU wants you — to enjoy some good food and wine

A sociable fundraiser that proved a sellout for Youth Opportunities Unlimited is offering another chance to get involved.

The charity, which helps young people with accommodation, job searches and other issues, has been running a wine-tasting series through April.

Classroom sessions have been teaching people how to appreciate good wine and how to team it up with the best foods with help from certified experts. It's been a runaway success and was sold out.

But now the final wine-pairing dinner has been opened up to the public, instead of just established YOU supporters.

It all takes place on Friday at 6:30 p.m. at the YOU Made It Café, located at 332 Richmond St.

It costs $95 per person and anybody who is interested should contact Youth Opportunities Unlimited.

MIKE DONACHIE/METRO

Thames Valley school board. Election names two student trustees

Goodness Osih of London Central Secondary School and Eric Muellejans of Strathroy District Collegiate Institute have been elected to serve as student trustees for the Thames Valley District School Board.

Their tenure begins Aug. 1.

They won't have the right to vote, but will have the same opportunities for participation at board meetings and committees granted to the municipally elected trustees, states a release from the school board.

Osih and Muellejans will replace Diana Idibe of Sir Frederick Banting Secondary School and Claire Tully of Central Elgin Collegiate Institute.

SCOTT TAYLOR/METRO

Lawrence Hay

Aboriginal cop fired by Fantino takes case to court

A First Nations police chief, fired without a hearing for branding Ontario's provincial police force and the RCMP as racist, takes his case against former OPP commissioner Julian Fantino to court on Monday.

In his application, Lawrence Hay is calling on Divisional Court to quash a human-rights tribunal ruling that his axing had nothing to do with his aboriginal status.

THE CANADIAN PRESS

Legal battle

Bre-X lawyer heads to court to take on law society

A prominent securities lawyer and the society that regulates the legal profession in Ontario are bound for court in the latest round of an epic battle started in the aftermath of the billion-dollar Bre-X mining fiasco in the late 1990s. The contest pits Joe Groia, who successfully defended the only person charged in the history-making securities scandal, against the Law Society of Upper Canada.

THE CANADIAN PRESS

Measles

Public warned of possible exposure

Health officials in Sudbury are warning the public about a possible exposure to measles earlier this week. The Sudbury and District Health Unit says a child confirmed to have the disease might have exposed people in a handful of locations from April 23 to 25.

THE CANADIAN PRESS

Mississauga

Hwy. 401 police chase ends with collision, charges

A woman faces charges after police chased a vehicle on a stretch of highway in Mississauga.

Provincial police say an eastbound vehicle driving "erratically" collided with another vehicle on Highway 401 around midnight Saturday, but kept on going.

THE CANADIAN PRESS

Massena, N.Y.

Teen's arm severed cleaning a pasta machine

A teenage employee at an Italian restaurant in northern New York has severed his arm while cleaning a pasta machine.

A spokeswoman for Massachusetts General Hospital said that 17-year-old Brett Bouchard was listed in serious condition Sunday morning. He was flown there after the accident Thursday night at Violi's Restaurant in Massena on the Canadian border.

Manager Mia Violi said that Bouchard was cleaning the pasta machine when his right arm was severed. THE ASSOCIATED PRESS

Montreal mayor

Hours booze is served doth make a metropolis 'fun'?

Montreal's mayor is putting his city's renowned nightlife to the test — and taking a shot at rival Toronto in the process.

Denis Coderre says he will allow bars on two downtown streets this summer to serve alcohol until 5:30 a.m., two-and-a-half hours later than liquor laws currently allow.

Busy stretches of Crescent and Saint-Denis will be part of the trial. It will run from June 12 to July 5, during weekends. Coderre used Friday's announcement to lob a jab at Toronto, saying a metropolis "should be fun." THE CANADIAN PRESS

National Defence

DND examines reports on improved 24-7 search-and-rescue

National Defence is once again taking a look at establishing an around-the-clock 30-minute response time for Canada's search-and-rescue squadrons, an idea the air force has long dismissed as too costly and manpower-intensive.

The Harper government has been under pressure to address the issue since last year's critique by the auditor general and the high-profile death of a young boy in Labrador. Two research reports, which crunched the numbers, were delivered to senior command. THE CANADIAN PRESS

S. Korea's PM resigns, takes 'all responsibility'

Ferry sinking. 'I hope these deep-rooted evils get corrected this time and this ... never happens again,' said Chung Hong-won

South Korea's prime minister resigned Sunday over the government's handling of a ferry sinking that has left more than 300 people dead or missing and led to widespread shame, fury and finger-pointing, blaming "deep-rooted evils" in society for the tragedy.

South Korean power is concentrated in the president, so Chung Hong-won's resignation appears to be symbolic. Presidential spokesman Min Kyung-wook said President Park Geun-hye would accept the resignation, but did not say when Chung would leave office. Chung's resignation comes amid rising indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing were high school students.

Officials have taken into custody all 15 people navigating the Sewol.

A prosecutor revealed that investigators were looking into communications made as the ship sank between a crew member and the company that owns the ferry.

Chung was heckled by victims' relatives and the PM's car was blocked when he visited a shelter on an island near the site of the sinking a week ago.

On Sunday, he gave his reason for resigning. "As I saw grieving families suffering with the pain of losing their loved ones and the sadness and resentment of the public, I thought I should take all responsibility as prime minister." THE ASSOCIATED PRESS

Relatives of sunken ferry passengers watch as Prime Minister Chung Hong-won resigns. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Paris. Two cops under review in tourist rape

France's interior minister says prosecutors have opened a preliminary investigation of two Paris policemen in connection with the suspected rape of a Canadian tourist inside police headquarters.

A statement Sunday said both officers, as yet unnamed, as well as a third who wasn't charged but is named as a witness, have been placed on suspension pending the outcome.

Prosecutors are investigating an accusation of gang rape made by the Canadian tourist. French media reports say the woman met the off-duty police officers in a nearby bar. The police headquarters, on an island in the Seine River, is home to Paris judicial police and is often evoked in France by its address, 36 Quai des Orfevres.

Reports say the woman allegedly left the headquarters distraught and told an officer that she had been raped. She has undergone a medical with DNA samples taken. THE ASSOCIATED PRESS
THE CANADIAN PRESS

Two important Catholic popes sainted on Sunday

Tens of thousands filled St. Peter's Square Sunday for the canonization of two modern pontiffs. MASSIMO SESTINI, ITALIAN POLICE, HO/THE ASSOCIATED PRESS

Two 20th-century popes who changed the course of the Catholic Church became saints Sunday as Pope Francis honoured John XXIII and John Paul II in a delicate balancing act aimed at bringing together the conservative and progressive wings of the church.

As if to drive the message of unity home, Francis invited retired Pope Benedict XVI to join him on the altar of St. Peter's Square, the first time a reigning and retired pope have celebrated Mass together in public in the history of the church. The day became a historic day of four popes

An estimated 800,000 people — many of them from John Paul's native Poland — filled St. Peter's, the streets around it and bridges over the Tiber River, a huge turnout but only half the size of the crowd that came out for John Paul's 2011 beatification.

John reigned from 1958-1963 and is a hero to liberal Catholics for having convened the Second Vatican Council. The meetings brought the church into the modern era by allowing Mass to be celebrated in local languages rather than Latin and encouraged greater dialogue with people of other faiths, particularly Jews.

During his globe-trotting, quarter-century papacy, John Paul II helped topple communism and invigorated a new generation of Catholics, while he defended core church teaching on abortion, marriage and other hot-button issues. THE ASSOCIATED PRESS

Day of four popes

Pope Francis offered each new saint heartfelt praise in his homily, saying Saint John had allowed himself to be led by God to call the council, and hailing Saint John Paul's focus on the family.

- Pope Benedict put John Paul on the fast-track for sainthood weeks after his 2005 death.

Survivors recount tales and trauma

Annual Holocaust remembrance. On April 28, Israel will stand still to honour the six million victims of the Nazi genocide

In an annual ritual, Israel will come to a standstill Monday morning for the country's official Holocaust remembrance day. Air raid sirens will wail across the country as pedestrians stop in their tracks and drivers exit their vehicles and bow their heads to honour the six million victims of the Nazi genocide of the Second World War that wiped out a third of world Jewry.

For Israelis of all walks of life, the two-minute tribute offers a moment to remember the victims and focus on an image that dreaded period represents to them. For Israel's dwindling population of elderly Holocaust survivors, however, the painful memories linger year-round.

To capture the experience in a snapshot would be impossible. Still, The Associated Press asked a group of Holocaust survivors to share their strongest singular memory.

Asher Aud (Sieradski), 86 (Poland): Married, three children and 10 grandchildren. Retired from Israel Military Industries, a state-owned weapons manufacturer.

Asher Aud THE ASSOCIATED PRESS

Asher Aud's odyssey reads like a history of the Holocaust's horrors.

Over six years, he was separated from his parents and siblings in his native Polish town of Zdunska Wola, then scavenged for scraps of bread, and staved off a debilitating illness alone in the Lodz ghetto before he was taken to the Auschwitz death camp.

Of all the atrocities he endured, Aud said parting from his mother at the age of 14 was the most traumatic.

In September 1942, the Nazis rounded up the Jewish community inside the local cemetery and were preparing to deport them.

"The Germans walked among us and anytime they saw a mother with a child, they tore the child from her arms and threw them into the back of trucks.

"I looked around and I just said, 'Mother, this is where we are going to be separated,'" he said.

Shmuel Bogler, 84 (Hungary): Married, two children, five grandchildren. Retired police officer.

Shmuel Bogler THE ASSOCIATED PRESS

Shmuel Bogler never had the opportunity to say goodbye to his family, rounded up from their home in Bodrogkeresztur and transported to Auschwitz. Of the family's 10 children, one had died young, three had fled before the war and three others had previously been taken to work camps. Bogler was left with his parents, one brother and one sister when they were crammed into a cattle car.

"The first thing they did was beat us and separate the woman from the men. It happened so quickly, I couldn't even part from my mother and sister," he said.

Jacob Philipson Armon, 76 (The Netherlands): Married, two children, one grandchild. Retired from Israeli defence contractor Rafael.

Jacob Philipson Armon THE ASSOCIATED PRESS

For Jacob Philipson Armon, memories are hard to come by. He was only two when Holland was captured by the Nazis, and three years later he went into hiding, like his more famous compatriot Anne Frank. The family's five children were dispersed among various non-Jews who risked their lives to protect them.

The most traumatic thing he recalls was when German troops kicked down the door of the home of his protector, Kit Winkel, and searched for Jews.

"They burst into the house and started to search for documents, turning over furniture and tearing down wallpaper. One soldier stood and stared at me. I sat frozen, not daring to move. I was so frightened I almost couldn't breathe," he said.

THE ASSOCIATED PRESS

Fraternal kiss: 'My God, help me to survive this deadly love'

Artist Dimitri Vrubel and his son Artjom clean the graffiti, named 'My God, help me to survive this deadly love,' depicting the fraternal kiss between former Soviet leader Leonid Brezhnev and former leader of the German Democratic Republic, DDR, Erich Honecker, at the East Side Gallery in Berlin. KAY NIETFELD/THE ASSOCIATED PRESS

NBA. Obama denounces team owner's comments

President Barack Obama said Sunday that comments reportedly made by the owner of a U.S. pro basketball team are "incredibly offensive racist statements," before casting them as part of a continuing legacy of slavery and segregation that Americans must confront.

"When ignorant folks want to advertise their ignorance, you don't really have to do anything, you just let them talk," Obama said when asked to respond to the reported comments from Los Angeles Clippers owner Donald Sterling.

The firestorm over Sterling's comments engulfed the National Basketball Association.

"The United States continues to wrestle with the legacy of race and slavery and segregation that's still there, the vestiges of discrimination," Obama said during a news conference in Malaysia.

In the recording attributed to Sterling and posted on the website TMZ, a male voice questions his girlfriend's association with minorities.

President Barack Obama speaks at a town hall meeting at Malaya University CAROLYN KASTER/THE ASSOCIATED PRESS

TMZ reported the woman, V. Stiviano, is of black and Mexican descent.

The man asks Stiviano not to broadcast her association with black people or bring black people to games and specifically mentions Lakers Hall of Famer Magic Johnson on the recording, saying, "Don't bring him to my games, OK?"

NBA Commissioner Adam Silver had called the tape "disturbing and offensive."

THE ASSOCIATED PRESS

SEE MORE OF THE CLIPPERS ON PAGE 17.

Stowaway. Teen wanted to reunite with his mother

He was young, displaced and frustrated, and wanted nothing more than to reunite with his mother in their native Somalia.

The 15-year-old boy had been arguing at home, and in the kind of impulsive move that teenagers make, he hopped a fence at San Jose International Airport last Sunday and clambered into a wheel well of a Hawaii-bound jetliner. He survived the trip, and has not spoken publicly about the ordeal.

But his desperation and frustration — borne from a life in a new country and new culture — is becoming apparent through interviews with friends, family and law enforcement agents.

"This whole thing should be looked at in the context of a teen who is emotionally attached to his mom and grandparents," said Talha Nooh from the Muslim Community Association, where the family were members. "The father is working 24 hours a day to take care of family here and other family members in the horn of Africa."

A United Nations official told The Associated Press that the boy's mother, 33, lives at the Sheder Refugee Camp in Ethiopia, which houses about 10,200 displaced Somalis.

Speaking with Voice of America radio from a refugee camp in Ethiopia, the teen's mother, Ubah Mohamed Abdullahi, said her son had recently learned that she was alive after being told by his father she had died. She is requesting that the U.S. government help reunite them. THE ASSOCIATED PRESS

Somali conflict

For decades, Somalia has been plagued with internal conflict, drought and violence.

- Today more than one million Somali refugees are living in neighbouring Kenya, Ethiopia and Yemen.

Holocaust

Palestine president acknowledges Nazi genocide of Jews

Palestinian President Mahmoud Abbas called the Holocaust "the most heinous crime" of modern history, voicing a rare acknowledgment of Jewish suffering before Israel held its annual memorial for victims of the Nazi genocide.

Israeli Prime Minister Benjamin Netanyahu brushed the comments aside, saying Abbas's renewed attempts to reconcile with Hamas raised doubts about his intentions.

Hamas, a movement sworn to Israel's destruction, has questioned the Holocaust and blocked the subject from being taught in schools in the Gaza Strip. THE ASSOCIATED PRESS

Hungary

Jews decry plans for Nazi occupation memorial

Speakers at an event Sunday commemorating the 70th anniversary of the Holocaust in Hungary called for dialogue with the government, and condemned plans for a memorial to Nazi Germany's 1944 occupation.

Hungarian Jewish groups have expressed frustration at what they say are efforts by the government to diminish the role local authorities had in the death of Hungarian Jews in the Holocaust.

President Janos Ader said Auschwitz, where a third of those killed in the death camp were Hungarian Jews, "forms part of Hungarian history." THE ASSOCIATED PRESS

See that symbol? It means you can scan the image below with your Metro News App to see photos of South Africa's 20 years of democracy celebrations

Held by pro-Russian forces. Military observers speak under armed guard

Eight European military observers held prisoner by pro-Russia forces in eastern Ukraine were marched out under armed guard on Sunday to give public assurances that they weren't being mistreated.

Germany's foreign minister condemned the appearance as "revolting" and a violation of the men's dignity. Four members of the team are German.

One of the observers, a Swedish officer, was released later in the day for medical reasons.

The insurgents in Slovyansk have taken a number of people hostage, including journalists and pro-Ukraine activists, as they strengthen their control in the east of the country in defiance of the interim government in Kyiv and its Western supporters.

On Sunday, they captured three Ukrainian security service officers, who were shown to Russian journalists bloodied and blindfolded with packing tape. THE ASSOCIATED PRESS

Masked pro-Russian activists guard the entrance during their mass storming of a regional Television Centre in Donetsk, Ukraine, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Flight to Bali. Indonesia releases Australian man accused of hijack scare

Indonesia on Sunday released an Australian man who caused a hijack scare on a flight to Bali by trying to break into the cockpit.

Indonesian authorities say the drunken man pounded on the cockpit door during Friday's Virgin Australia flight, forcing the pilot to issue an alert code to air traffic control. Bali's airport was closed for nearly two hours because of the incident, forcing several flights to be diverted.

The cabin crew managed to restrain the man and put him in a rear seat for the remaining hour of the flight, and Indonesian troops later took him into custody.

The man was released late Sunday and was to leave Bali on his own initiative, Bali police special crimes chief Col. Suryambodo Asmoro told reporters.

"Under Indonesia's law, he couldn't be charged in Indonesia because what he did was on a plane registered in Australia," Asmoro said, adding that it would be up to Australian authorities to decide whether to charge the man.

THE ASSOCIATED PRESS

Prison break

Jamaican police search for two escaped men

Two inmates have escaped from a jail in Jamaica's capital that holds some of the Caribbean country's most hardened criminals.

The Jamaica Constabulary Force says the pair broke out of the Horizon Adult Remand Center on Sunday morning by climbing through a vent and then making their way over a wall.

THE ASSOCIATED PRESS

Lost at sea

U.S. Coast Guard searching for cruise passenger

The U.S. Coast Guard searched the waters between the Bahamas and South Florida on Sunday looking for a man reported missing from a cruise ship. Guard spokeswoman Sabrina Laberdesque said the cruise ship passenger apparently went overboard early Sunday in waters about 43 kilometres east of Florida's Delray Beach.

THE ASSOCIATED PRESS

Dancers perform at 20-year democracy anniversary celebrations at the government's Union Buildings in Pretoria, South Africa, Sunday. President Jacob Zuma released balloons and aircraft performed a flyover to mark the fall of the apartheid era, when all races went to the polls to cast their votes in historic 1994 elections. THE ASSOCIATED PRESS

South Africans celebrate 20 years since apartheid

President Jacob Zuma reflects on progress. 'We must not deny or downplay these achievements'

South Africans on Sunday celebrated 20 years of democracy with song, prayer and praise for those who guided their country into a more peaceful, tolerant era, although some noted that economic inequality and other problems have undermined the nation's promise since the first all-race elections ended white rule on April 27, 1994.

The focus of the Freedom Day commemorations was in Pretoria at the Union Buildings, the century-old government offices where President Jacob Zuma and dignitaries, including foreign diplomats, gathered to reflect on the long struggle against apartheid and ensuing efforts to build a better country.

The anniversary precedes elections on May 7 that are likely to see the ruling African National Congress return to power with a smaller majority, reflecting discontent with the movement that opposed white domination before its candidate, Nelson Mandela, became South Africa's first black president.

In a speech, Zuma said South Africa had a good story to tell, referring to its stable electoral system, its constitutional commitment to human rights as well as advancements in health care, welfare grants, and water and electricity in the past 20 years. Close to three million houses have been built since 1994, women play a far more prominent role in public life, and crime has declined, even though it remains an issue of "serious concern," he said.

"We must not deny or downplay these achievements, regardless of our political differences or contestation at any given time, including the election period," said Zuma, who has been criticized because more than $20 million in state funds was spent on upgrading his private rural home. The scandal comes amid a troubling inequality between rich and poor that the government says is partly a legacy of old racial divisions, noting that the income of the average white household is six times that of a black household.

THE ASSOCIATED PRESS

World's largest bloc of Islamic countries ready to send delegates to Central African Republic

The world's largest bloc of Islamic countries is sending 14 delegates to the Central African Republic on Tuesday to lead a fact-finding mission, express solidarity with Muslims and contribute to any peace talks in the country, wracked by sectarian bloodshed.

The Organization of Islamic Cooperation says delegates will be in the capital, Bangui, for three days. Guinea's Foreign Minister Lounceny Fall will head the delegation, which will include Turkey's foreign minister and diplomats from some of the 57 member-states, as well as OIC Secretary-General Iyad Ameen Madani and the body's special envoy to the Central African Republic, Sheikh Tidiane Gadio.

The Central African Republic exploded into violence in early December amid mounting resentment toward a Muslim rebel government that had seized power in March 2013 by overthrowing the president of a decade. The rebel leader-turned-president had little control over his forces, who were blamed for raping, torturing and killing civilians.

THE ASSOCIATED PRESS

What goes up must eventually come down

HOW TO ROLL
Alison Griffiths
metronews.ca

There may be storm clouds hovering over the stock market. Perhaps it's an opportune time to follow an old investor's adage: Sell in May and come back on St. Leger Day — the latter being the final event of the British horse-racing season, falling in mid-September.

Statistics certainly support a pattern of hot-weather doldrums. Going back to 1926 the stock market's average annual summertime gain is just over four per cent, compared to seven per cent for the November-to-April period.

This year there may even be a stronger reason to lighten up on stocks and equity mutual funds: We're all waiting for a market tumble of more than 10 per cent.

Corrections or pullback of less than 10 per cent are common and occur at least once a year, sometimes more. There have been five of them in the last three years.

Bigger declines, in the 20 per cent range, hit the market about every three-and-a-half years.

Oh dear.

Guess when the last doozy struck? That would be the summer of 2011. We are right on target for another one in the next six months.

History repeating

11

Number of 10-per-cent-plus stock market declines in the last 25 years

But before you rush off to sell everything, think again. Assuming your current investments are quality ones, consider market declines as an opportunity.

1. Have cash. Cash is opportunity personified. When the market heads south, buy more of the strong stocks and funds in your portfolio.

2. Evaluate. You can't put No. 1 into effect unless you know your holdings are top-notch. Reassess both mutual funds and stocks. If you have laggards, don't throw good money after bad. Any mutual funds that have not been in the top 25 per cent (called the first quartile) of their category over five years are likely not worth owning. Your adviser or a site such as morningstar.ca can provide this information.

3. Diversify. A market correction is a great time to spread your investment dollars into different regions, such as the U.S., Europe or Asia.

The coming market storm may veer off course, but it doesn't hurt to be prepared.

50 Shades of Strange: BK's Subservient Chicken is back

Burger King is bringing back one of its strangest advertising creations if you don't count its creepy King: The Subservient Chicken.

The campaign, which was considered groundbreaking when it ran in 2004, featured a website where a giant chicken dressed in garters appeared to perform any task visitors commanded. A costumed actor had been pre-recorded performing hundreds of acts so it would seem as though the chicken was obeying people's orders.

It was an unexpected take on the chain's Have It Your Way slogan, all just to promote a new chicken sandwich. The site got 100 million hits in the two weeks after its launch, according to Burger King.

A decade later, the Miami-based chain is trotting out the Subservient Chicken once again to promote yet another chicken sandwich — a triple-decker called the Chicken Big King that resembles a Big Mac, except with chicken patties.

Burger King says it will post a video detailing the "rise and fall" of Subservient Chicken on subservientchicken.com Wednesday.

THE ASSOCIATED PRESS

An actor dressed as a chicken joins subway riders waiting on the platform in New York in 2004. GETTY IMAGES

Canada Revenue Agency still has no grand plan to fight tax evasion

After a three-year effort, the Canada Revenue Agency has failed to produce a new national strategy to combat the underground economy — despite repeated requests to do so from cash-starved provinces.

The provinces have been pressing the agency since late 2010 to update its strategy for extracting taxes from the underground economy, estimated to be worth more than $35 billion annually.

The current guiding document is a decade old, and technological advances since then — including the cash-register "zapper" technology that conceals sales — have made it increasingly outdated.

The agency regularly audits offenders in the three most-active underground sectors, that is, construction, retail trade and food services, including table-waiting staff.

In 2011-12 the agency carried out almost 11,000 underground-economy audits, finding more than $300 million in unpaid taxes.

But internal documents from 2013 show an updated strategy for targeting the right businesses and workers, with enough resources and agency-wide co-ordination, has eluded officials. THE CANADIAN PRESS

China censors TV shows on streaming sites

A computer in Beijing shows a Chinese streaming website with a description of The Big Bang Theory, but the site no longer has access to episodes. Chinese authorities have ordered video streaming websites in the country to stop showing four popular American TV shows, representatives from two sites said Sunday. A spokeswoman for Youku, one of the sites, said it had received notification on Saturday not to show the sitcom The Big Bang Theory, political and legal drama The Good Wife, crime drama NCIS and legal drama The Practice. The State Administration of Press, Publication, Radio, Film and Television didn't give a reason for its order, said the spokeswoman, who couldn't be named because of company policy. NG HAN GUAN/THE ASSOCIATED PRESS

Money, money, money

N. Dakota dreams of a drone boom

North Dakota is focused on unmanned aircraft systems, also known as drones. The state has a first-of-its-kind academic program, an established military presence, and a commitment from state and federal officials to find funding. THE ASSOCIATED PRESS

A small drone designed for use by law enforcement and first responders is shown at University of North Dakota. THE ASSOCIATED PRESS FILE

Financial crisis

Urban gardens sprout up in Greece

Volunteer gardeners from countries around Europe visited Greece's second largest city, Thessaloniki, on Sunday to help local urban planting initiatives set up urban gardens to help residents hit by the country's financial crisis.

Used to plant vegetables and make use of land left vacant amid a sharp drop in real-estate prices, the gardens have sprung up across Greece since the crisis brought the country to the brink of bankruptcy four years ago.

Austerity measures have created widespread unemployment and hardship.

THE ASSOCIATED PRESS

Possible regulations

Saudi Arabia may regulate local YouTube production

Saudi Arabia is studying ways to regulate locally produced YouTube content, including the possibility of requiring government-issued licences for some users, said an official on Sunday.

Riyadh Najm, the president of the General Authority for Audiovisual Media, said his agency is still trying to figure out which type of YouTube content-producers would be affected and how the government agency would apply new regulations.

"We do not have a clear way yet implement to this," Najm told The Associated Press. THE ASSOCIATED PRESS

TO GET MORE BLOOD WE GOTTA PAY

URBAN COMPASS

Todd Devlin
london@metronews.ca

A couple of years ago, I finally took to heart the idea that, indeed, blood is in me to give. And so for the first time, I went with a friend to Canadian Blood Services to donate. It was a rewarding experience.

I felt good about playing a small part in helping people in need. I received a thank you in the mail with a brochure showing just how important blood donation is — for cancer and leukemia patients, for individuals undergoing various surgeries, and for victims of car accidents.

There's always a need, but the demand for blood is frequently greater than the supply. Last August, for instance, the country faced a "concerning" shortage, and Canadian Blood Services issued a notice that more than 50,000 donations were needed before Labour Day.

One in every two Canadians is eligible to give blood, but only one in 60 does. The hardest part, says Canadian Blood Services, is recruiting new donors. It makes you wonder: What would encourage people to become donors? Well, for better or for worse, what's the primary incentive in a capitalistic society? Money, of course. So, then, should we start paying donors?

It's not a popular idea within the government. In fact, Deb Matthews, Ontario's health minister, introduced legislation to ban payment and shut down a new company — Canada Plasma Resources — that recently built three paid-donor clinics (they were going to allow once-a-week plasma donations and pay $100 a month).

While Canadians donate enough blood and plasma for transfusions, we only produce 30 per cent of the plasma required to make life-saving drugs. The other 70 comes from abroad, mostly from paid donors in the U.S. If some of our blood is already coming from paid donors, why can't Canadians be paid? Matthews has argued that this would reduce the number of altruistic volunteer donors, but studies have shown this not to be the case elsewhere.

On the topic of altruism, consider this: Every registered charity in Canada offers tax receipts for donations. Is that not an incentive? Why, then, should donating blood be different?

I have yet to hear a good argument as to why Canadians shouldn't be paid for donating blood. Studies have shown that not only does payment markedly increase donations, but payment does not have a harmful effect on or make less safe the overall quality of the donated blood.

In other words, an argument such as "drug addicts and homeless individuals desperate for money will taint the blood" holds no weight. To me, it's simple. During screening, it should be made very clear that payment — to be made at a later date (by cheque or direct deposit) — will occur only if the blood is clean and ultimately used.

There are loads of good, honest, hardworking people struggling financially, people who could use a little extra money while also helping others need.

It seems like a win-win to me.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

In the deep end

An artist has created a brilliant 3D illusion of a swimming pool that makes for a deeper meaning. The piece seeks to address the impact of Japan's tsunami and the Fukushima nuclear plant disaster of 2011. COURTESY JEROEN BISSCHEROUX

Artist stuns with 3D optical illusion of swimming pool

Dutch artist Jeroen Bisscheroux has created the illusion of an empty swimming pool, spread across the ground inside a shopping centre in Osaka, Japan.

From a distance, Bisscheroux's artwork — POOL, loss of colour — looks like a two-dimensional painting of a pool. But while standing inside the work the pool's walls appear to drop away, giving the impression that you are floating in mid-air above it. METRO

Installation represents impact of Japan's nuclear disaster

Located in the Grand Front Osaka shopping mall, the work is a perfect spot for a photo-op.

However, there is a more sombre message, as the art serves to highlight the Fukushima nuclear disaster of 2011. The empty, discoloured swimming pool "brings the impact of the disaster back to human proportions," says the artist. METRO

Metaphors

- Bisscheroux describes the artwork as a carpet: "A place where we welcome guests." This cosy metaphor aims to encourage play and exploration of the empty space.
- The artist left an area to represent the crisis zone "grey and dark." Bisscheroux adds that it's a symbol of the "disastrous consequences" at Sendai.

METRO AUGMENTED REALITY

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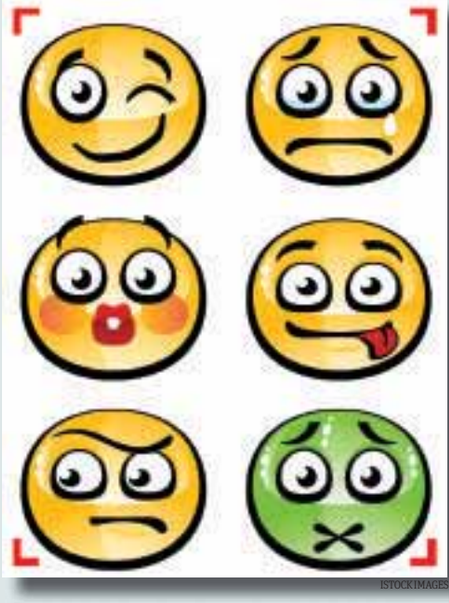
MetroTube

Emojis you wish you had use for

ANDREW FIFIELD
metronews.ca

Do you love emojis? Of course you do! Do you hate emojis? We prefer to think you just don't love them yet.

Either way, author and illustrator Avery Monsen has you covered with the introduction of 100 high-concept emojis that, sadly, our lives are too dull and tedious to require. But it would sure be nice if we could add them to our keyboards, even if it's strictly for aspiration's sake. (Tap the screen to freeze it.)
Via @averymonsen on Vine.



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See that symbol? It means you can scan the photograph below with your Metro News app to see more images from this season of The Americans

Ebooks

A Window on Eternity

By. E. O. Wilson

iPad/iPhone

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Amongst grandfatherly storytellers, Wilson is superb. The esteemed biologist captures the grand story of Mozambique's National Park, a place tied to humanity's origins and now recovering from Civil War destruction, before whispering details of its smallest species with a twinkle in his eye.

Box office

Captain America toppled by The Other Woman

After holding the top position at the box office for three weeks, femme-fuelled The Other Woman has beaten superhero blockbuster Captain America: The Winter Soldier for the No. 1 spot in its opening weekend. The revenge comedy grossed $24.7 million US, while Captain America grossed $16 million. THE ASSOCIATED PRESS

A good spy always brings the cupcakes

The Americans. Costa Ronin explains the finer points of espionage

LISA WEIDENFELD
Metro World News

The Americans is a show that thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted, and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian Rezidentura have found a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg received one of the show's finer introductions, missing an important summons from Rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. While Arkady was quick to write him off as a rich man's son using his connections to get ahead, Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but as Ronin warns us, "that's his persona."

Tune in

The Americans airs Wednesday nights at 10 p.m. ET on FX Canada.

Costa Ronin as Oleg Burov in a scene from The Americans. FX CANADA

It's also the case with every character on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else, even among the KGB agents. "He cannot let them see how smart he is, he cannot let them see how savvy he is, he cannot show them all the cards that he's got."

Don't always assume that stony-faced people in suits would make good agents, though. Ronin says good spies are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school ... To be the best, you cannot be thought of (as) being a spy."

Though Ronin was initially only signed on for two episodes, the producers decided to keep him on for more of the hit spy drama's second season. As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says, "They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with the poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Keep watching The Americans to see whether he's just clever enough to stay ahead of the other spies.

Begin Again. Keira Knightley singing? Adam Levine acting?

Keira Knightley, left, and Adam Levine arrive at the premiere of Begin Again at the Tribeca Film Festival on Saturday in New York. EVAN AGOSTINI/THE ASSOCIATED PRESS

For Keira Knightley and Adam Levine, filming the movie Begin Again was an experience of firsts.

Knightley, an accomplished actress, sings in the movie, whereas Levine, frontman of the band Maroon 5, acts. The two admitted that leaving their comfort zones made them uneasy, but that they related to each other's nerves.

"I kept telling her she was great and she wouldn't believe me, and she told me that I wasn't bad at acting, either, but I didn't believe her, so it was perfect," Levine said Saturday as the film closed the Tribeca Film Festival.

"I was completely terrified," Knightley, 29, said of her singing.

"I didn't anticipate being as frightened as I was. I said yes to doing it, and I was, 'Oh, it's gonna be fine, it's gonna be fine,' and then suddenly I found myself in a studio with real people who did it for a living and I was like, 'I don't know what I'm doing. I'm pretending.'"

To walk a red carpet for his first acting role, Levine, 35, said he was "blown away." He says he enjoyed the experience so much he might have caught the acting bug.

"My experience was so much fun.... It made me kind of start to like it a little bit, but I don't know. I don't think you can really make those bold declarations, but we'll see," he said.

So how did the two grade each other? Knightley called Levine a "natural entertainer" who was "sensational in this film." Levine, who serves as a judge and mentor on singing competition show The Voice, said that if Knightley were to audition he would want her on his team. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Some folks will do anything to avoid a wedding

STARGAZING
Malene Arpe
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Demi Moore will reportedly travel to a yoga retreat in India in order to avoid being near any news outlets when Ashton Kutcher and Mila Kunis marry. To each her own. I would personally rather serve as ring bearer at every one of my exes' weddings than ever have to listen to someone talk about yoga.

Dean McDermott says he cheated on Tori Spelling because having sex with her wasn't "fantastic." Fun fact: Nothing is fantastic while having to look at Dean McDermott, which is why I don't watch Chopped Canada.

Gwen Stefani replaces Christina Aguilera on The Voice. The stressed-out lighting crew is scrambling to figure out how to light a fake blonde with bright lipstick and loud clothes.

George Clooney ALL PHOTOS GETTY IMAGES

Why is George's latest squeeze wearing a giant rock?

George Clooney is ending his streak as Hollywood's most marriage-averse bachelor, as the Ocean's 11 star has reportedly asked girlfriend Amal Alamuddin to marry him, according to People magazine. "George and Amal are trying to keep things very low-key but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that they plan on being together forever." While it's unclear exactly when Clooney popped the question, Alamuddin was first spotted donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu Thursday evening. Clooney and British human rights attorney Alamuddin were first rumoured to be dating in October when they were spotted together in London.

Gwynnie's friends sick of hearing about her perfect ... divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "'Conscious uncoupling' has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their lives," a source says. "Gwyneth has always thought she had the most perfect life, and even though she's getting a divorce and both of them are getting bad press, she doesn't care. She has become insufferable, saying how happy she is with the way everything is evolving."

Gwyneth Paltrow

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HONDA

LIFE 3

Five ways we find ourselves buried in a mountain of debt

No money, mo' problems. Prepare for the worst to avoid going into the red

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Start socking away savings so life's hurdles don't catch you financially unaware. ISTOCK

Often when people meet me out and about, they want to talk about the show. At some point in our conversation they say something like, "How'd they get themselves in such a mess?" These are the people who can't conceive of spending more than they make or having all that debt. Here are five ways it happens:

1. No Money Management Skills

Unfortunately, a lot of people were never taught the skills of money management. Each day people fly by the seat of their pants, hoping that things will turn out OK. Some days they do. Many days they don't, and they end up running around firefighting to stay afloat.

If you don't know how much money you make, how will you know how much money you can spend? If you charge whatever you're buying on your credit card, but you don't know how much you have to spend, how will you pay off that credit card when the bill comes in?

A lack of money management skills is, perhaps, the biggest predictor of financial failure. All the credit counselling, all the bankruptcies, all the income in the world isn't going to save your butt if you don't take the time to figure out how to use what you've got to your advantage. There are rules to follow, work to put in, and self-control to be applied.

2. Underemployment

Some people are just born lazy, y'know. I've worked with more than one person who thinks that earning $14 an hour for 37.5 hours a week is just fine.

Bringing home $400 a week is fine, if you're prepared to live on $400 a week. But most people aren't. They want to drive cars, they want to take vacations, they want to have cellphones and premium cable and everything else their pals have. Sometimes when I tell these people to go make more money, they complain that it'll take away from their Mommy or Daddy jobs. Yet many of those same people spend hours a day doing stuff that doesn't involve their kids. THOSE are the hours you should be spending making more money.

3. Income Goes Down, Spending Doesn't

People get laid off from work. People get sick. People stay home to raise their children. Their incomes go down, sometimes *waaay* down, but their spending doesn't change. They use their credit cards, lines of credit and overdraft protection to fill the gap and then say they are surprised to find they are buried in debt. Then they get a consolidation loan or wrap the consumer debt up in their mortgages and go out and do it all over again. Of course, these same people could have built themselves a buffer against changes in their financial circumstance, except for Reason No. 4.

4. No Savings

We seem to have developed an aversion to saving. We use the excuse that we can't get much return on our money right now, so what's the point. Ha! Talk about *justification*. Wow. We've watched the savings rate plummet over the past three decades, hitting the negatives. How can that ever be a good thing?

Of course, if we were willing to live on a little less now so that we'd have a cushion set aside in case we lost our jobs, we wouldn't be pushed into Debt Hell quite so quickly. And if, knowing we were going to take time away from work to raise kids or go back to school, we set aside some money to see us through our future plans, we wouldn't dig ourselves a tunnel to Debt Hell.

5. Getting Sick

Some people believe they will never get sick. It's why people don't bother to get critical illness insurance, disability insurance, or life insurance. In my mid-40s, my best friend died. She was also in her 40s. But before she died, she had years of dealing with MS and then with breast cancer and finally brain cancer.

If she hadn't had disability insurance, she would have been totally screwed. As it was, every month was a challenge financially. And believe me, she didn't need any more aggravation.

Of course, you may not be the one to get sick. It may be your partner, at which point you better have some money to help pay for the things he or she used to. Or it may be a child or an elderly relative that causes you to lose time off work.

There are life events that can contribute to pushing us into debt, but if we had been managing our money all along — saving some, covering our risks with insurance, being responsible with our money — those life events could have been a lot less painful.

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Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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SHOPPERS DRUG MART

Wake-up call gets Arianna Huffington to redefine success as a good night's sleep

Thrive. In her new book, The Huffington Post's editor-in-chief urges others to look beyond the pursuit of money and power

It took a collapse in her home office resulting from exhaustion and sleep deprivation for Arianna Huffington to truly wake up.

As she worked relentlessly to build her rapidly expanding media company, that fall on a spring morning in 2007 left Huffington with a broken cheekbone, an eye injury and a renewed resolve to re-examine her life.

Yet long before the incident, Huffington acknowledged there were other key moments that should have put her "sleep-deprived, burnt-out-fuelled existence into perspective." The loss of her first child that was stillborn. A breast cancer scare. Her divorce.

In her new book Thrive (Harmony Books), Huffington proposes what she describes as a "Third Metric" to define success — one that extends beyond the pursuit of money and power.

The co-founder and editor-in-chief of The Huffington Post Media Group includes the following as pillars of the Third Metric: self-care, well-being, wisdom, wonder, and giving.

Huffington dedicated Thrive to her late mother, Elli, whom she saw as a true embodiment of the Third Metric, reinforced with anecdotes of the spirited matriarch woven throughout the book.

"My mother was somebody who always lived life with an open heart, making connections with people, not multi-tasking, all of the things that dominate our lives now were things that she realized were not going to lead to a life of meaning and purpose," Huffington said in an interview in Toronto.

"She truly believed — she taught my sister and me — in not missing the moment, and that happiness is really about being 100 per cent present in the moment of what we are doing.

"Unfortunately, our minds often want to take us in the past, judging what we've done. Often, this voice that we all have in our heads that I call the obnoxious roommate ... that puts us down, judges us constantly, questions our dreams, or our mind, wants to take us in the future worrying, being anxious about what's going to happen."

In addition to touting the benefits of meditation, the self-described "sleep evangelist" recognized the importance of getting sufficient shut-eye after her collapse and started to read about the scientific value of sleep.

"It's really a miracle drug. It affects our health and well-being, our mental clarity, our capacity for joy," said Huffington, who over time has gone from getting four to five hours of sleep a night to between seven and eight.

At the end of each section of Thrive she offers tips on small steps readers can take immediately to start charting a course to wellness. Among them: aiming to get 30 more minutes of sleep a night. She has also established her own wind-down routine which encompasses turning off all her devices (including an iPhone and four BlackBerrys) and placing them outside of the bedroom.

"We have to recognize that we are addicted to our smartphones and the impact that that has on being able to connect deeply with the people we love. I think we need to make checking our smartphones during dinner as socially unacceptable as picking your nose or scratching your private parts," Huffington said.

Arianna Huffington, co-founder and editor-in-chief of The Huffington Post Media Group, poses in Toronto while promoting her new book Thrive. DARREN CALABRESE/THE CANADIAN PRESS

Despite finding personal success in making changes, Huffington realized there are others who may find the prospect of following suit difficult — especially those faced with significant demands on the job and elsewhere. But if anything, she sees the steps she outlines as even more critical for those whose lives are particularly challenging.

"There are a lot of things in the outside world that we cannot control. We cannot control having a boss, say, that expects us to be on all the time. And let's say that we have to stay in that job. ... There's a lot we can do to deal with our own attitudes to our job and what we're doing when we're not on the job," she said.

"When our own inner world changes, we're more likely to change our outer world." THE CANADIAN PRESS

Digital detox

"It was wonderful to have a meal without Instagramming it, to watch a sunset without Instagramming it, and to have conversations with my children when they would say something funny I wouldn't feel the temptation to tweet it."

Arianna Huffington, describing her most recent Christmas vacation spent with her ex-husband and daughters.

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Get a little nutty with a pistachio crust for your pork tenderloin

Lean and delicious. Despite its piggy reputation, pork can be leaner than a chicken breast — and it's tasty, too

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

"Pork: The Other White Meat" is a slogan used since 1987 to help pork compete with poultry, and it's worked! Ounce for ounce, pork tenderloin has less fat and fewer calories than a chicken breast, and the image that pork was only a fatty meat has been overcome. It is considered an extra lean meat according to government guidelines.

Pork is a good source of iron, zinc, selenium and phosphorus and has been known to fight against Type 2 diabetes, helping to maintain optimal sugar levels. Today, due to better health procedures, you can now eat your pork medium rather than well done.

The old practice was to cook until 160 F, which dried out this lean meat. It is now recommended to cook your pork to just 145 F for a moist and delicious medium-cooked meat.

This flavourful nut crust goes so well with this tender meat. You don't need to salt your pork since the cheese and mustard contain sodium.

When you cook the meat to medium, you won't need a sauce since the meat is so tender and tasty. Feel free to substitute any nuts of your choice. This topping also goes well over chicken or fish. Don't worry if the crumbs don't all stick; just serve them alongside the medallions.

Ingredients

Serves 4

- 1 lb pork tenderloin
- 1 Tbsp. Dijon mustard
- ½ cup finely chopped shelled pistachios
- 3 Tbsp. grated Parmesan cheese
- 2 tsp olive oil
- ½ tsp minced garlic

FLASH FOOD

From your fridge to your table in 30 minutes or less

The pistachio-nut crust on this pork tenderloin also goes well over chicken or fish. ROSE REISMAN

Directions

1. Preheat over to 400 F. Sear tenderloin in skillet sprayed with vegetable oil, just until browned on all sides, about 3-4 minutes.

2. Place on a baking sheet. Rub mustard all over tenderloin.

3. In a small bowl, combine pistachios, cheese, olive oil and garlic. Pat onto all sides of tenderloin.

4. Bake until temperature reaches 140 F (medium) or approximately 15-20 minutes.

5. Let rest for 10 minutes, then slice into medallions.

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NBA playoffs

Wizards OK without Nene

Even with the team's "X-factor" suspended, the Washington Wizards had a No. 42 sitting next to the bench. The 57-year-old with greying hair couldn't box out or grab a rebound, but owner Ted Leonsis waved his red towel and egged on a cheering crowd that chanted "Free Nene!"

The Wizards did just fine without the suspended Brazilian forward. They scored the first 14 points and beat the Chicago Bulls 98-89 on Sunday to take a 3-1 lead in the Eastern Conference series.

"I thought it was pretty hilarious that Ted had Nene's jersey on," Wizards guard Bradley Beal said. "It kind of threw me off for a minute, but then I looked and seen it was Ted."

Nene or not, the Wizards did what they've done all series: Take a quick lead and force the Bulls to use up energy trying to catch up. It was 15-8 in Game 3, 29-12 in Game 2, 19-13 in Game 1. Washington, seeking to win a playoff series for only the third time since the 1970s, can finish off the Bulls on the road in Game 5 on Tuesday night.

THE ASSOCIATED PRESS

The Wizards' Trevor Ariza finishes a dunk on Sunday in Washington. THE ASSOCIATED PRESS

Raptors grind out split in Brooklyn

NBA playoffs. Despite faltering after hot-shooting start, young Toronto club leaves N.Y.C. tied 2-2 in series

Game 4

87	79
Raptors	Nets

DeMar DeRozan scored 24 points as the beaten-up Toronto Raptors tied their playoff series with the Brooklyn Nets with a 87-79 victory Sunday.

The victory was the Raptors' first playoff win on the road since a win over Philadelphia way back in 2001.

A hobbling Kyle Lowry added 22 points, while Amir Johnson finished with 17. Patrick Patterson and Greivis Vasquez finished with nine points apiece, and Patterson grabbed a team-high nine rebounds.

The best-of-seven Eastern Conference playoff series heads to Toronto tied at two wins apiece. Game 5 is Wednesday at the Air Canada Centre.

Paul Pierce led the Nets with 22 points, while Mirza Teletovic had 12. Kevin Garnett and Deron Williams finished with 10 points apiece.

The Raptors scored 35 points in the first quarter and led by as much as 17 points — the biggest lead by either team in this series — in what was a dogfight of a game.

But Toronto started to come apart in the second quarter — they ran into foul trouble and couldn't hit shots, and scored a combined 32 points in the second and third quarters.

Still, the nailbiter went into the fourth all tied up 67-67. The Nets took a four-point lead but consecutive baskets by Valanciunas — including a hook shot over future Hall of Famer Garnett — then a three-pointer by Vasquez had the Raptors up by four points with 4:07 to play.

The Nets wouldn't threaten again, and when the final whistle blew the Raptors fans in attendance at Barclays Center stood and applauded the Toronto players off the floor.

The Nets won Games 1 and 3, in what's been an incredibly even matchup all season between these two teams.

Lowry, who came away from Friday's game with a bad right knee and a busted lip, was noticeably limping at times, but coach Dwane Casey had said pre-game: "He's one of the toughest guys I've been around as a guard as far as fighting through things."

THE ASSOCIATED PRESS

Close enough for ya?

678-677

Prior to Sunday, Toronto had outscored the Nets 678-677 in their seven meetings this season.

Raptors guard Kyle Lowry goes up for a layup against Nets guard Deron Williams on Sunday night in Brooklyn. KATHY WILLENS/THE ASSOCIATED PRESS

Clips stand together against Sterling

Chris Paul and the Clippers wore their red Clippers warm-up shirts inside out to hide the team's logo on Sunday. GETTY IMAGES

The Los Angeles Clippers made a silent protest against owner Donald Sterling before Game 4 of their Western Conference playoff series against Golden State. The Warriors made a different kind of statement during the game.

And just like that, a series pulled into a race-related scandal took another twist.

Stephen Curry made a career playoff-high seven three-pointers and scored 33 points, leading the Warriors past the Clippers 118-97 on Sunday to even their first-round series at two games apiece.

Donald Sterling
GETTY IMAGES FILE

"We wanted to come out and focus on all the work we've put in over the summer, throughout the course of the season to get ready for this moment in the playoffs and just have fun and enjoy it — not let one person ruin it for everybody," Curry said.

The game almost became an afterthought — until tip-off anyway — after an audio recording was posted Saturday online by TMZ purportedly of Sterling making comments urging a woman to not bring black people to his team's games. The alleged comments, which are under investigation by the NBA, have set off reactions of anger and calls for action through the league.

Jordan speaks up

"As an owner, I'm obviously disgusted that a fellow team owner could hold such sickening and offensive views."

Charlotte Bobcats owner Michael Jordan

Clippers players made a silent protest against Sterling by shedding their warm-up jerseys and going through the pregame routine with their red shirts on inside out. They also wore black bands on their wrists or arms and black socks in a show of solidarity.

THE ASSOCIATED PRESS

Scan this image with your Metro News app to view a gallery of the weekend's best photos in sports.

La Liga

Alves eats banana thrown as racist taunt in Barca win

Barcelona defender Dani Alves responded to a racist taunt when a banana landed at his feet during Sunday's game at Villarreal by picking up the fruit, peeling it and then eating it before proceeding to take a corner kick.

Alves had already played a key part in sparking the team's 3-2 comeback win when his off-target shot was turned into an own goal by Gabriel Armando in the 65th.

And shortly after the banana incident, Alves launched a cross that Mateo Musacchio headed into his own goal in the 78th before Lionel Messi scored Barcelona's winner.

THE ASSOCIATED PRESS

Premier League

Chelsea gets the better of Liverpool

Jose Mourinho riled his former assistant Brendan Rodgers as Chelsea successfully stifled Liverpool and scored twice against the run of play to win 2-0 on Sunday and dent the Premier League leaders' hopes of a first title in 24 years. THE ASSOCIATED PRESS

Liverpool's Joe Allen, left, chases Chelsea's Ashley Cole on Sunday in Liverpool. THE ASSOCIATED PRESS

Diving

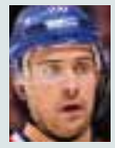
Montrealer makes splash, wins silver

Montreal's Meaghan Benfeito won a silver medal in the women's 10-metre tower competition Sunday at the third stop on the FINA World Series diving circuit.

Ruolin Chen of China won the gold.

THE CANADIAN PRESS

Stiff competition



"When you play this team, you know you're in for a tough night. Nothing comes easy against Boston."

Canadiens defenceman Josh Gorges on his team's next playoff opponent — the Bruins.

Blackhawks eliminate their case of the Blues

NHL playoffs. Chicago wins first-round playoff series in six games, will face either Minnesota or Colorado next

First, it was Jonathan Toews on a power play, and then Patrick Sharp got loose on a breakaway. Andrew Shaw tipped one home, and it was all over.

One dazzling stretch for the Chicago Blackhawks put an end to their tight first-round series against the St. Louis Blues.

Duncan Keith had a goal and three assists, and the Blackhawks used a four-goal third period to finish off the Blues with a 5-1 victory in Game 6 on Sunday.

"It feels good to contribute in a big game," Keith said, "and I think just the main thing for me is just being able to move on and get a couple days to relax and just regroup and focus on the next round."

Chicago won four in a row after a slow start in St. Louis. The defending Stanley Cup champions will play the winner of the Minnesota-Colorado series in the Western Conference semifinals. The Avalanche lead the Wild 3-2 heading into Game 6 in Minnesota on Monday night.

Toews, Sharp and Shaw scored in the first 7 1/2 minutes of the third and Keith closed out the scoring as the Blackhawks improved to 14-2 in home playoff games over the past two seasons.

Bryan Bickell scored in the first and Corey Crawford made 35 saves, keeping Chicago in a tie game when St. Louis controlled the second period.

"They were dominating the first 40 minutes here and we came back with maybe the best period of the year," coach Joel Quenneville said.

T.J. Oshie scored for the Blues, while Ryan Miller finished with 22 saves.

THE CANADIAN PRESS

The Blackhawks celebrate Duncan Keith's third-period goal against goalie Ryan Miller and the Blues during Game 6 of their first-round playoff series in Chicago on Sunday. JONATHAN DANIEL/GETTY IMAGES

New York leads 3-2

Rangers push Flyers to brink of elimination

Henrik Lundqvist didn't allow a bad ending to the second-period wreck an otherwise good day for the New York Rangers.

Lundqvist was the beneficiary of a three-goal lead that was trimmed to two when the Philadelphia Flyers got their power play to work in the closing seconds of the middle period. But the Rangers kept it together in the third, withstood a late surge, and pushed the Flyers to the brink of elimination with a 4-2 victory Sunday.

"The biggest part to me was to calm down and not be too upset about it," Lundqvist said of Vinny Lecavalier's goal with 32.6 seconds left that made it 3-1. "It is really frustrating to sit here when you give up a goal like that late in the period.

"It was just about letting it go and being focused on the right things going into the third."

New York leads the series 3-2. THE ASSOCIATED PRESS

Jays ace pitches team back onto winning track

R.A. Dickey provided the Blue Jays a quality start in their 7-1 win over the Red Sox on Sunday in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

R.A. Dickey, his knuckleball moving like the noggin on his bobblehead giveaway, gave the Toronto Blue Jays a sorely needed quality start Sunday.

And the rest of the team also stepped up, with Brett Lawrie and Edwin Encarnacion combining to drive in four runs in a 7-1 victory over the Boston Red Sox.

Toronto (12-13) leaves for an eight-game road trip, which starts Tuesday in Kansas City, having washed away the taste of a sour four-game losing streak at home.

The Jays, who had given up 36 runs on 47 hits and 22 walks during the four-game slide, badly needed a change of direction. Dickey said a talk by manager John Gibbons after Saturday's 7-6 loss, when a Jays comeback fell just short, had done the trick.

"He was just so encouraging," said Dickey, who got the win on his first major-league bobblehead giveaway day. "I think everybody left the clubhouse feeling at ease about who we are as a team. So we just needed to come out today and be ourselves. And we were able to do that.

"We fought hard. Guys were getting dirty, diving for balls, taking the extra base. I was able to throw strikes and we had a great team win today."

Dickey (2-3) scattered five hits over 6 1/3 innings, giving up one run and striking out six.

He threw 95 pitches, including 62 strikes, and didn't issue a walk for the first time since October 2012.

THE CANADIAN PRESS

Dominicans make history

On a weekend where racism in sports made headlines thanks to Los Angeles Clippers owner Donald Sterling, the Blue Jays made Major League Baseball history with a record six Dominicans in the starting lineup: Edwin Encarnacion, Jose Reyes, Melky Cabrera, Jose Bautista, Juan Francisco and Moises Sierra.

Horoscopes

♈ Aries
March 21 - April 20
Don't worry if your finances have not been too healthy of late because you will find ways to replace what you have lost or spent.

♉ Taurus
April 21 - May 21
Throw caution to the wind and let the universe decide whether you are going to win or lose. With a solar eclipse coming up in your sign you will almost certainly be a winner.

♊ Gemini
May 22 - June 21
Mercury, your ruler, may be moving through the most shy and retiring area of your chart but if past experience is anything to go by that will merely encourage you to redouble your efforts to put on a show.

♋ Cancer
June 22 - July 23
Keep things simple over the next 24 hours and you won't go wrong. You know what it is that you want, you know where it is you can find it and there is nothing anyone can do to deny you.

♌ Leo
July 24 - Aug. 23
Put yourself forward and show what you can do. Employers and others in positions of power are looking for people who are decisive. And that's you.

♍ Virgo
Aug. 24 - Sept. 23
You may not be entirely convinced that what you are about to do is going to succeed but you have promised others that you will try. Don't let them down!

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are carrying too much emotional baggage. Once you have confronted your fears you may realize there was little to worry about in the first place.

♏ Scorpio
Oct. 24 - Nov. 22
Someone who is aggressive for no good reason is likely to bring out the worst in you today. No doubt they have not experienced a Scorpio's sting before but it's unlikely they will forget it.

♐ Sagittarius
Nov. 23 - Dec. 21
Because you like to be independent you may not enjoy what takes place over the next 24 hours. You may have to fight for your right to set your own agenda and come and go as you please.

♑ Capricorn
Dec. 22 - Jan. 20
You are full of energy thanks to the approaching eclipse and it's important that you channel it in constructive directions. Don't waste your time on projects that are not challenging enough.

♒ Aquarius
Jan. 21 - Feb. 19
The task you are faced with today may seem daunting but if you attack it in the right way there is no doubt at all you will make a success of it.

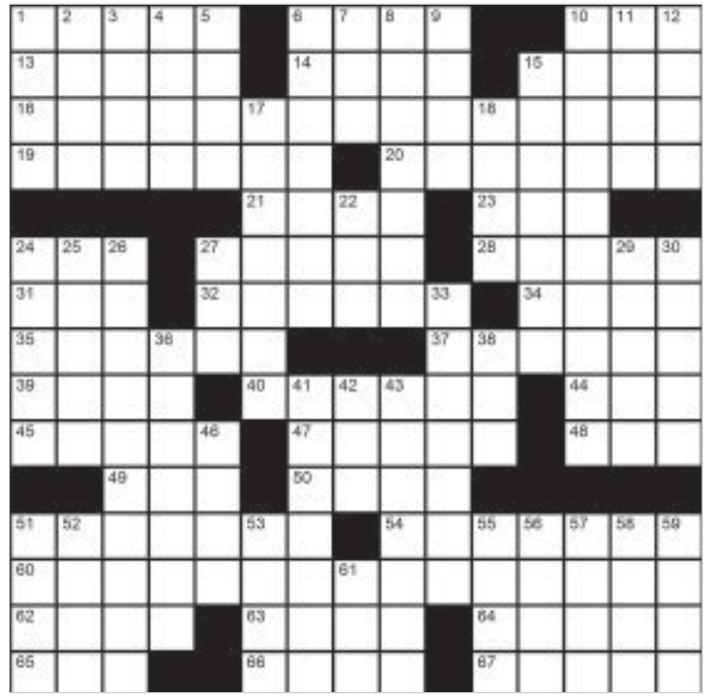
♓ Pisces
Feb. 20 - March 20
Anyone who thinks you lack the spirit of adventure will have to think again as cosmic activity in the most outgoing area of your chart inspires you to try so many new things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

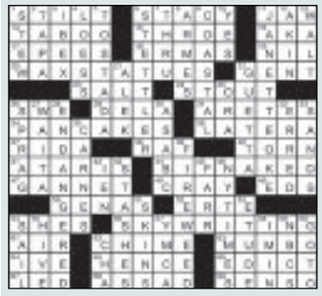
BY KELLY ANN BUCHANAN



Across
1. Jean-Claude Van __
6. British actor Idris
10. Min. bit
13. "Congratulations __ __ order!"
14. Particular primary pigment
15. Glide
16. "No Sugar Tonight/__ __ __" by The Guess Who
19. "Put Your Hand in the Hand" land, 1971 hit for Canadian band Ocean
20. 1987 Steve Martin/Daryl Hannah comedy filmed in Nelson, BC
21. Nero's 1052
23. Flight-leaving info
24. F1's PC neighbour
27. Leading by a point, as 5 to 4: 2 wds.
28. Ms. Winger
31. Gymnast, e.g.
32. Permafrost-y expanse in The Arctic
34. Big cat
35. One trying to locate a missing parcel
37. Gwyneth Paltrow's mother Ms. Danner
39. Apartment bldg. boss, colloquially
40. "Yellow Submarine" (1968) tune: "It's __ __ Much"
44. 'Jacob' suffix
45. Stephen __, Canadian star of "Arrow"
47. Droplet-looking throat part
48. Puget, e.g.
49. The Lion
50. Small
51. "Trailer Park Boys" character
54. Sequester
60. Beetle that is a threat to the type of tree in its name: 3 wds.
62. Manly
63. Ms. Russell
64. Cake topper
65. Couture monogram
66. Beatles title lady
67. Herring-like fishies

Down
1. "Shoot!"
2. Scope
3. Whimper
4. "__ on the Beach" by Jane Siberry
5. Organic compound
6. Level of command
7. Cleaning chemical
8. Australia: Great __ Reef
9. Year, fancy-style
10. Catchy interview quotes: 2 wds.
11. Get paid
12. First Nation of Manitoba
15. Distinguished
17. Deep-fried battered vegetables of Japanese cuisine
18. Cut
22. Not-reliant-on, briefly
24. __ _ hole in (Corrodes)
25. Guitarist's move
26. 'Music' provider when wedding rice is thrown: 2 wds.
27. Driver's 4x4, commonly
29. J.R.R. Tolkien: Grassy area in Middle-Earth
30. A means to __ __
33. Eradicate
36. Cause __ (Attention-grabbing controversy)
38. Hawaii's Mauna __
41. Town in southern Saskatchewan
42. Gladiator's 56
43. Northern Africa country
46. Kinks hit
51. "__ __ Baby" by The Ronettes
52. Ms. Thurman's
53. Betty's role on "Hot in Cleveland"
55. Some sashes
56. Ness Monster's place
57. Opera solo
58. Oversee
59. Work units
61. Prince Valiant's son

Friday's Crossword



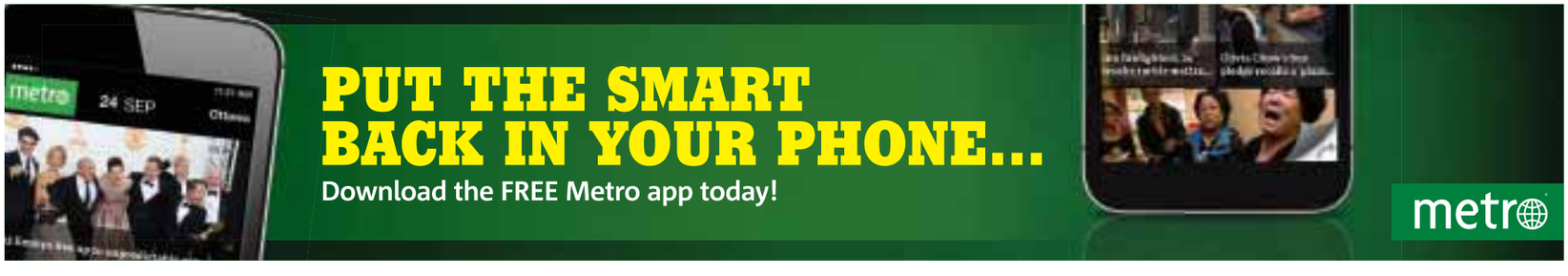
Sudoku

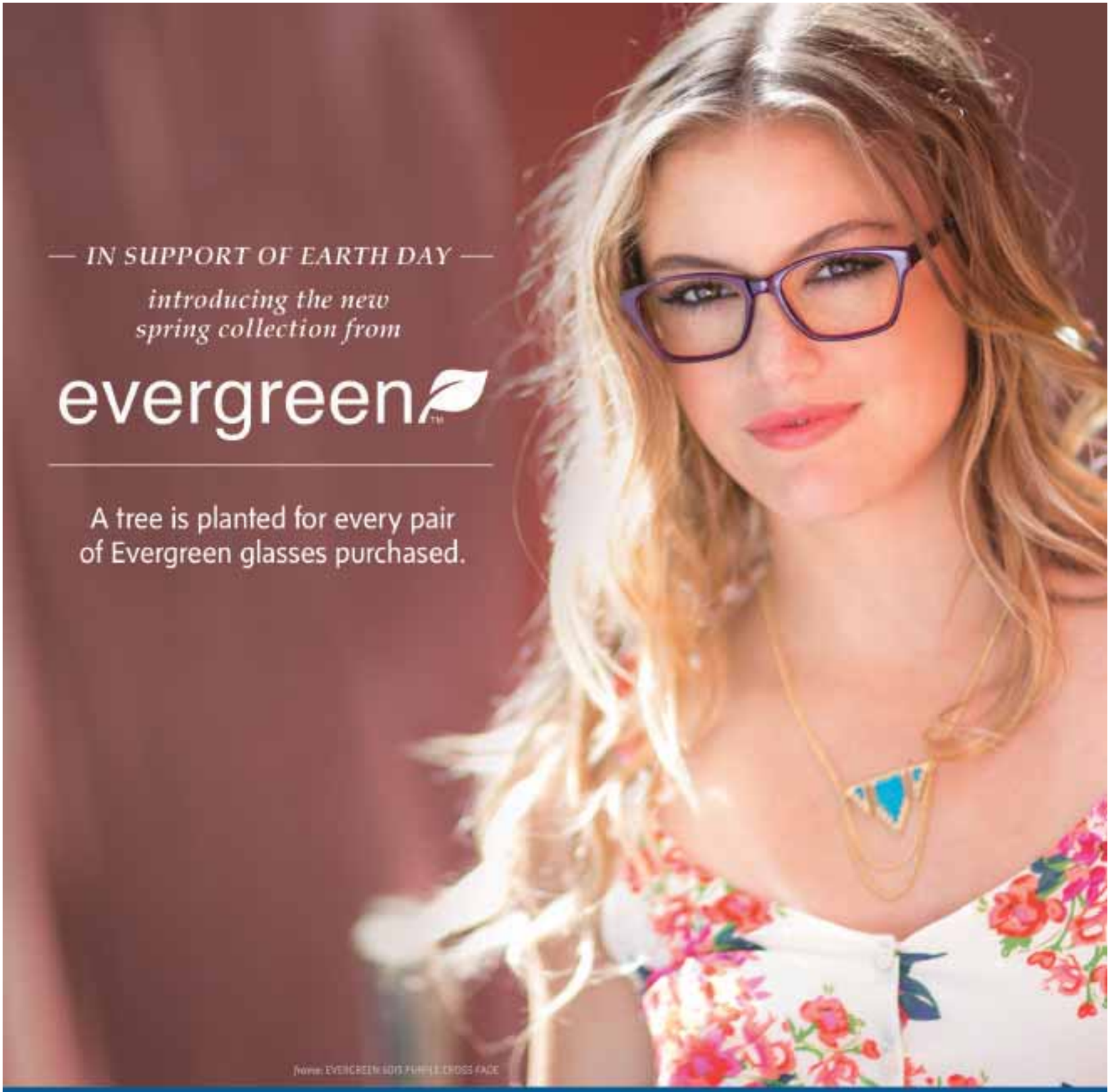
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	8					6		5
	2	3	5				8	9
6			9	2			1	
			3		9	4	7	
		8		4		1		
	4	2	7		6			
	3			7	2			1
2	1				3	8	5	
8		9					4	3

Friday's Sudoku

2	3	7	4	1	6	5	9	8
4	6	5	8	3	9	2	1	7
1	8	9	7	5	2	4	3	6
7	9	1	6	2	3	8	4	5
8	2	3	5	9	4	6	7	1
5	4	6	1	8	7	9	2	3
3	5	8	9	4	1	7	6	2
6	1	4	2	7	5	3	8	9
9	7	2	3	6	8	1	5	4




— IN SUPPORT OF EARTH DAY —
introducing the new
spring collection from
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A tree is planted for every pair
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